



But I'm Almost 13! : Raising a Responsible Adolescent

Kenneth R. Ginsburg, Martha M. Jablow

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Practical strategies for the adolescent years from an expert in adolescent medicine

The overwhelming majority of adolescent health problems today result not from physical disease, but from worrisome behavior. If parents take action early before teen rebellion kicks in, most of these problems are preventable. In this invaluable guide, Dr. Ken Ginsburg, one of the nation's foremost specialists in adolescent medicine, offers a positive action plan for parents of preteens. Prevention strategies include preparing kids to resist peer pressure, recognizing behaviors that signal emotional problems, and teaching preteens to anticipate and react to potentially dangerous situations.

With sample scripts, real-life vignettes, and specific exercises, parents learn to build upon adolescent optimism, creativity, and resiliency to guide their children toward more positive futures and toward safer, more appropriate choices.

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